



## King County

### **Mental Health, Chemical Abuse and Dependency Services Division**

Department of  
Community and Human Services

CNK-HS-0400  
Chinook Building  
401 Fifth Avenue, Suite 400  
Seattle, WA 98104

#### **206-263-9000**

206-296-0583 Fax (Reception)  
206-205-1634 Fax (Clinical Services)  
7-1-1 TTY/TDD

### **King County Mental Health Advisory Board (MHAB) Regular Meeting January 14, 2014**

**Members Present:** Allan Panitch, John Holecek, Katelyn Morgaine, Kristin Houser, Lauren Davis, Maria Davis, Nancy Dow, Toni Krupski, Veronica Kavanagh, Eleanor Owen, Heather Spielvogel

**Members Absent:** Alicia Glenwell

**Guests Present:** Linda Brown (CD Board Liaison); Terry Mark (Department of Community and Human Services); Tom Gergen (Downtown Emergency Service Center); Jacquelyn Willimon (MH Ombuds); Steve Stetter (Peer Bridger, HMC); Kathy Obermeyer (interested citizen)

### **Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD)**

**Staff Present:** Bryan Baird, Jean Robertson, Amnon Shoenfeld

#### **I. Welcome and Introductions**

Toni Krupski, Chair, convened the meeting at 4:40 p.m., at the Chinook Building, 401 5th Avenue, Seattle, Conference Room 126. She welcomed the members and introductions were made by each person in attendance. A quorum was present for this meeting.

#### **II. Approval of Minutes**

Tabled.

#### **III. Discussion with Tommy Bauer, Outreach Director with Senator Maria Cantwell's Office**

Tommy Bauer, Outreach Director, made a visit to the Board from Senator Maria Cantwell's office. Senator Cantwell is looking to host a local, small, round table discussion on Wednesday, January 22, with six to eight individuals on mental health issues in Washington state. The Senator is specifically looking for locally developed community mental health centers providing innovative approaches

that fit the needs of the local population and to discuss current local events in the area. This effort ties in to ongoing legislation in Washington D.C. out of the finance committee and other senator staff.

Recently, a Medicare bill was passed from the finance committee that provides a pilot project for 10 states to have a pilot program. The Senator would like to highlight areas in Washington state that would be innovators and leaders, and be competitive for this program, as well as having a discussion of the mental health needs of the community in King County, such as culturally appropriate services, language translation services, and 24-hour psychiatric services, etc.

Chair Krupski shared with Mr. Bauer that three local projects have received Substance Abuse and Mental Health Services Administration (SAMHSA) funding doing this work which are managed by Asian Counseling and Referral Service, Downtown Emergency Service Center in collaboration with Harborview Medical Center, and Navos. These sites are already doing this integration with supporting PowerPoints and fact sheets.

Senate Bill 264, the Excellence in Mental Health Act, introduced in February 2013, creates a voluntary pathway for community mental health and substance abuse centers to become certified community behavioral health centers, as well amending the Public Health Service Act to move forward criteria for certification of federally qualified community behavioral health services (FQBHCs), and it amends the Social Security Act to make such centers eligible for services under Medicaid.

Other major issues highlighted for the Senator's attention:

- Institutions for Mental Diseases (IMD) Exclusion; issue of parity
- Peer Bridger grant program
- The Crisis Solutions Center, with peer component services attached
- Homelessness and joblessness.

Linda Brown suggested Joan Clement from the KCASAAB be included in the meeting with the Senator. Mr. Bauer added that consumers are welcome to attend as well.

Linda Brown also mentioned a book in today's New York Times by Dr. E. Fuller Torrey, that provides a historical review of how mental health issues have evolved and raising policy questions.

#### **IV. Chairperson's Report ~ Toni Krupski**

No report.

## **V. Committee Reports**

### Legislative Advocacy and Public Affairs Committee (LAPAC) Update

Katelyn Morgaine reported the LAPAC members are still working through Recovery Advocates of Washington group, continuing to identify legislators and constituents and making those connections. This effort will be competing with education and transportation.

Lauren Davis continued with the report stating the LAPAC that dates will be picked soon for targeted meetings with legislators. The group is looking for East King County individuals in recovery or affected by mental illness or chemical dependency, casting a wide net by contacting NAMI, calling Oxford Houses, Hero House, etc. The hope is to have some specific policies to work on within the next year.

Lauren added she has been busy working with the non-profit Forefront: Innovations in suicide prevention, based at the University of Washington's School of Social Work, on a piece of legislation this session to:

- Mandate suicide prevention training to primary care providers
- Address complaints on what to do with suicidal people
- Statewide plan for suicide prevention across the lifespan.

This bill is being sponsored by House Representative Tina Orwall (D), and co-sponsored by Senator Barbara Bailey (R).

For those interested, Lauren invited members to a lobby day on Tuesday, February 25, to address how primary care can help better serve clients.

### Membership Committee

No report.

### Quality Council (QC) Update

Heather Spielvogle reported that a Seattle Children's Hospital pediatrician spoke to the QC about a randomized controlled trial she conducted for a collaborative care model for adolescents with Group Health Collaborative. The model she used was to provide mental health treatment in a primary care setting. It included education and engagement session for youth. A care manager was used to provide regular follow-up and symptom assessment, psychotherapy and medication check-ins. Many initial appointments were done in-person and as the year progressed, many appointments were then done over the phone. There was regular supervision of the case manager and teens in the experiment had a choice of switching treatments to find one that worked. The sample size population was 101 young people between ages 13 and 17; nine screened positive for depression. At the end of six months, impairment and symptoms of depression improved significantly and continued through a 12 month period.

Continued work on this includes some cost outcomes data and will be reported on when available.

Kristin Houser added these QC discussion points:

- Terry Crain presented on Peer Support issues with the most important thing is greatly enhancing quality of life and helping people navigate life in ways to aid recovery and engagement.
- QC Work Plan
  - What Evidence-based practices (EBP) is the County putting in place for its providers or requiring its providers to follow, and how does the County ensure EBP's compliance?
  - WRAP plans and are those being implemented? (possible future QC topic)
- What happens to those who drop out of services in terms of a quality measure? Where are they going? Why are they dropping out?

#### Recovery Advisory Committee (RAC) Update

No report; the December meeting was cancelled.

#### Mental Illness and Drug Dependency (MIDD) Oversight Committee (OC) Update

No report.

### **VI. Staff Report – Jean Robertson**

Jean spoke to the following points:

- The Peer Support Network will meet for the first time on Saturday, February 8, 2014, from 12:30 p.m. to 3 p.m. at Community House, 431 Boylston Avenue, Seattle. After hearing from peers in 2013, a motion was passed by the MHAB that set in motion this new effort. The County has contracted with Beverly Miller to facilitate these network meetings..
- Practice Protocols for Peer Support handout was distributed for members to review for a presentation at the February MHAB meeting.
- Work sessions start next week with a variety of legislators and committees on mental health issues, mental health integration, the state healthcare innovation plan; all efforts moving forward toward integration in the next several years. (e.g. House Bill 1519 / Senate Bill 5732 passed last session with very similar language, both calling for a task force or steering committee; these groups were combined into one steering committee. Both bills identified certain outcomes that would be tracked and put in contracts for mental health, chemical dependency, Healthy Options Plans (Medicaid managed care plans), and Aging and Disability Services.)

**VII. Quarterly Liaison Reports**

No report.

**VIII. Board and Community Concerns**

After the February MHAB meeting has adjourned, Nancy Dow and Maria proposed to lead a group on a walk outside to see firsthand how clients in the area around the building are being affected by recent budget cuts. All will be invited.

**IX. Adjournment**

There being no further business, the meeting adjourned at 6:10 p.m.

**Prepared by:**  
Bryan Baird, Board Liaison

**Attested by:**  
Toni Krupski, Chair